



Maternal, Child &  
Family Health

# Saving Money on Food



## Tips for Alaskans

**Go easy on fats and sweets.**

Eat *more* of these foods:

Baked, broiled,  
boiled and dried meats  
and fish

Eat *less* of these foods:

fried meats and fish

**Eat lots of fruits, vegetables,  
grains, and beans.**

tuna packed in water  
chicken and game  
birds without the skin

tuna packed in oil

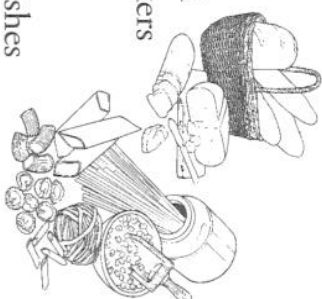
chicken and game  
birds with the skin

canola oil, olive oil,  
seal oil, hooligan grease

Crisco, margarine,  
butter

fruit, crackers or  
pilot bread, or dried  
meat and fish  
for snacks

cookies, candy, chips,  
soda pop, and agutak  
(Eskimo ice cream)  
for snacks



Grains include  
breads, pilot  
bread, hot or cold  
cereals, rice, crackers  
and noodles.

Try some main dishes  
made with dried beans and peas  
instead of meat.

**Include some lean meats and low-  
fat milk products.**

Most wild game and fish are very lean.



Use nonfat dry powdered milk or  
canned evaporated skim  
milk instead of whole  
milk.

For more help, contact:

### Nutrition Services

Division of Public Health  
Section of Maternal, Child and Family Health  
1231 Gambell Street  
Anchorage, AK 99501  
(907) 269-3400, (800) 799-7570



## At Home

Live off the land and sea and sky if you can. Hunt and fish, grow your own vegetables, and gather berries and greens. Can, freeze or dry your food to store for the winter and spring.

### Game

moose  
caribou  
reindeer  
seal  
ptarmigan  
duck



### Fish

salmon  
hooligan  
halibut  
trout  
needlefish  
whitefish



### Berries

salmonberries  
raspberries  
cranberries  
blueberries  
blackberries

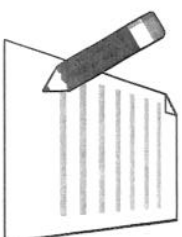


### Greens

willow leaves  
beach asparagus  
seaweed  
fiddlehead fern  
goose tongue  
sour dock  
fireweed shoots  
and leaves



Plan meals for a week or more and make a grocery list.



Use less meat. Instead of eating a roast as a main dish, cut the meat up for casseroles, soups or stews.



Eat leftovers for breakfast or lunch.

## At The Store

Eat something before you go shopping (you'll buy less.) Stick to your list unless you see a good deal and you will really use it.

Buy "bulk" foods if they are cheaper and you can eat all the food before it goes bad. (In some places in Alaska bulk foods may cost more due to increased shipping costs.)



Be sure to look at store brands and generic brands. They can be cheaper than the name brands on sale or with coupons.

Most of the time simple foods cost less than processed foods. Buy a block of cheese and shred it yourself instead of buying a bag of shredded cheese. Dried beans are a very cheap source of protein.



Buy concentrated foods to cut down on costs. Frozen juice that you add water to costs less than bottled or canned juice.



Choose fresh fruits and vegetables "in season." Apples are cheaper in the fall, oranges in the winter, and melons in the summer.



Use cabbage instead of lettuce in salads, sandwiches, and tacos.

